ayam atma brahma



Ch. 19 – daily "Non-Duality & Science" blogs

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prior text:

A formless approach to Formless Truth is a way knowledge to arrive at Self-Knowledge As regards "reminders, images, symbols, books, texts, words, etc. that have been left behind for thousands of years – these were left behind as pointers – some gesture, symbol, phrase, aphorism, perhaps some lengthy explanation about the Truth & how to realize it. Seeing where all such point in finding the Truth dwelling within you, shining in all of its Infinity & Eternity, is what is to be done. The reference to "Formless" refers to the actual experience of the Truth itself.

What is true is Eternal. Search within yourself for what is Eternal. In your own actual experience, whatever you consider to be yourself has Birth; it most certainly has Death. If something has Creation then it has Destruction. To know the Reality of yourself, seek that within yourself which is Birthless. What is Beginningless is Endless.

The characteristic sign of Reality is that it has no Beginning, & it has no End. Nothing gives Birth to Reality & nothing makes Reality perish. If it comes & goes, it is not the Absolute Reality. Furthermore, it is not who you really are. Discriminate within yourself, setting aside from your Identity everything that is of a *transien* nature. The Truth is Formless.

That means that the Truth is not an *object* – not an *object* of the Senses, not an *object* of thinking. The Truth is *in-perceivable* & *in-conceivable*, yet the Truth is realizable, self-evident to itself, shining in its own *light*, but not as an *object* of Perception, & not as an *object* of Conception.

Discriminate within yourself. Do not accept any objective definition as being who you really are. If you would find the truth of your own Existence, set aside as having nothing to do with your true Identity, any & all *objective* definitions such as thinking your of yourself in terms of thoughts, the Senses, the Body, & so forth. Set aside everything that is known *objectively*, whether it be something of the World or something in thought & anything to do with Time, whether it appears for a short or long time. None of all that is the Timeless Truth. Timeless Truth is realized by the Knowledge of the Birthless self within you. When you find the Birthless Self within you, if you find *That* is all that you are.

The Truth is not a part of you, nor are you a part of it. Rather there is, as Ramana Maharshi has so often stated, One Self, which alone exists Eternally. The Truth is Indivisible, Non-Dual, not a Multiplicity, without parts & without "others". There is just One Self. It alone exists Eternally. The Truth is as it is, & there is no 2^{nd} , no other *thing* – just one Eternal Existence, one unlimited Consciousness. Take the Path "inward" & inquire within yourself, determining the answer to the question "Who am I?"

The real "I" is not an *object*. The "I" has no Birth or Death, no beginning or end. The "I" has no form & truly no definition, not even that of "I". Ramana Maharshi calls it the "I"– less "I". The true "I" is what you are. To be fruitful, all spiritual practice should be oriented towards this Knowledge of your Self. If your spiritual practices endowed with this Knowledge, the highest good results. The core of this Knowledge is finding out "Who am I?" within yourself.

When you find your Self, there are not 2 of you, as if one were finding another. If there were 2, even if you were to find *something* you would lose it again. This though is Self-Knowledge, so that what is known & the one who knows, the *realizer* & *That* which is realized, are identical.

Set aside everything personal, & find Impersonal Being, Consciousness, as the Reality of your Existence. If you proceed in this way, you will find no cause for Bondage & no real cause for Suffering. You will find yourself *free*, as in Truth you have always been.



Reality 273 189

Moksha, Mukti, Release, Liberation is what it is called. What else is it but realizing the non-existence of Ignorance? You can realize the non-existence of Ignorance most efficiently by finding out that there is *no one* who is ignorant. Remove the false Identity. Remove the mis-identification. If you want to realize the Absolute, if you want to know God, how else can you do so except by knowing yourself? If you know your Self, your so-called "self" ceases to exist. "It ceases to exist", is a way of speaking. It is the non-existent ceasing to exist – the Illusion ceasing.

In Truth there is no one born, none bound, no Individual now, & no Individual who will be Liberated. There is this Existence Consciousness, pure Being. Self-Inquiry reveals it. The Path of Knowledge, with the Realization of Knowledge, is certitude regarding it. This Self-Knowledge is immediate, or direct

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experience. It is not measured in thought, nor measured in Time, but pertains to *That* which always exists. Find out your own Self. Find out "Who am I?"

If there appears to be Bondage, there is naturally a striving for Liberation. This is just as if there is unhappiness, one immediately begins a search for Happiness. When the search for Happiness is made, a fully aware search, is called a search for Liberation, or Self-Realization. That search consists of knowing oneself & liberating oneself from one's own mis-identification. At the core of misidentification is the notion of "I".

Wake up from the "I". That Dream thereupon ends. That "I" does not become liberated. That "I" does not exist. The Ego has no Liberation. In highest Truth, the Self is always liberated. It is, always just what it is. However, the illusory connection between the Self & the Ego vanishes. If you wish, you may say that the Self attained Liberation. It Dreams itself bound & wakes itself up. Truly, the Self ever is free & undergoes no change your State.

The "I" tries to be liberated for the sake of its own True Nature, which is really the Self itself. That is why the Desire for Liberation is one of the most valuable *asset* to someone seeking Self-Realization. Never abandon that Desire.

If it is your free will to find out about Liberation, that is fine. And if you are destined to exercise your free will in this way, that is also fine. Liberation truly is not a matter of free will or Destiny. Does Consciousness ever become conditioned? If so, find out who it is that conditioned that Infinite Absolute Consciousness? The question is answered at a deeper level than that at which the question originates.

Once you say that the Absolute Consciousness has been *modified*, you will seek a reason for such, & any number of reasons may be conceived. The truth is that it has not been *modified*. All the various spiritual explanations given about such *modifications* should be understood as pointing you back to the original un-modified State. They should not be mis-interpreted as proving the modification. If we understand in this way, the explanations point the way to Liberation. If we think that such proves un-modified State, all we are doing is adding new words to the previous Illusion.



Reality 274 190

If a person who is Suffering is already immersing himself in the Knowledge of the Truth, he need merely be reminded to find the Real Self within. He will then commence Self-Inquiry or Meditation, upon his own True Nature.

There is no difference in the advice given to a healthy person and that given to someone on the verge of death. That is a portion of the glory & beauty of Ramana Maharshi's Teaching & Non-Dual Truth. It is not situation-dependent. It is not applicable only to those people with healthy bodies. It works for young & old alike, the healthy & the infirm, the living & the dying.

When Ramana Maharshi recounted his own Enlightenment, or "death experience", as some refer to it, he said: "I felt I was going to die. It did not occur to me to ask for someone's else's assistance. It did not occur to me to call a doctor or my relatives. I felt I had to answer the problem for myself." This is what he says.

Then what occurs? He commences his own Self-Inquiry, though only later do we call it Self-Inquiry. Then however he had no words for it. He inquires & summarily realizes that he is not the Body, or any part of the Body, which means that he is not affected nor afflicted by Pain, untouched by Pleasure, & untouched by any sensation.

He perceives further realizes *That* is not the Personality, not the Mind, but that he is something undying which knows itself & is fascinated within itself. The essence of this holds true for all. The introversion of one who does Self-Inquiry in this way is the sovereign "remedy" for the "disease" of Birth & Death.

The Subject & Object, the "I" & the thought, all seem to arise & set together. But of the 2, the Object depends upon the Subject. The thought depends upon "I". First, there arises the assumption of "I", the "I"- thought, or "I"- concept, aham vritti, the "I"- mode, or the "I"- modification. Thereafter, anything

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can be appended to it to the "I" or come out of the "I". It is a bubble, as it were & inside that bubble all the Illusion appears, starting with your thoughts. When you make your Imagination solidified, you imagine that you experience *something else*, as in a Dream.

Inquire into that "I". You need to not inquire into the Self, because the Self is already vast, silent, oceanic, Space-like Existence, make the Self-Inquiry into the seeming "I". See if you can find it. If you can see its tracks, the waves of thought, what about the "I" itself?

If the "I" arises, everything arises. If the "I" subsides, everything subsides. When other thoughts have already arisen, inquire: "For whom are the thoughts?" This returns you to the sense of "I". Then inquire "Who am I?"



Reality 275 191

It is only important that Self-Inquiry occurs. It is not important to mark the times that it occurs because the times are in our as un-real as are the times in a Dream. You may have a dream that last comment in the Waking State time only a few seconds, but in your dream it can seem to last a lifetime – are many lifetimes. Wake up out of that dream. Is it pertinent to mark the various dates on the Dream calendar when you are in the Dream that Waking up occurs?

All Happiness is to be found within. Not a drop of Happiness ever experienced, even glimpsed by you, has ever been caused by anything external. Happiness is always experienced interiorly; it always rises from "within". There is something *inside* that experiences Happiness. Happiness is not a sensed object. You never saw, tasted, smelled, touched, or heard Happiness. "Within" means the Self. The Self is already there, but you need to know it.

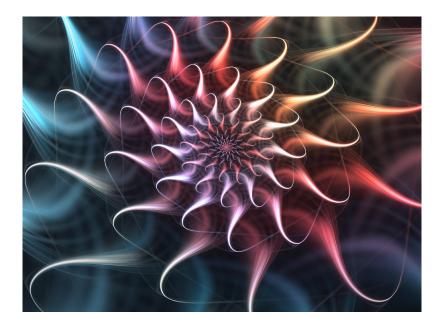
Ramana Maharshi mentioned in the analogy of the Necklace. A woman having a Necklace around her neck, was thinking that it is lost. She is suffering thereby. She looked everywhere for until it is pointed out that it is around her own neck. She then the verifies that fact." "Oh here it is." Then she is happy again, as if something lost had been recovered, even though it was there the whole time.

The Self is Bliss & is there the whole time. That it is "within", that is essential. With Self-Inquiry find the "within" – ness. It is the very place of Bliss.

For the purpose of Self-Inquiry, meditate along the lines of: "What is Being, Existence?" or: "What is Consciousness?" Discern what the innermost Consciousness is, or what your innermost Being is, because that will lead you to something that is beyond *transient* experience.

Bliss is not transient experience, but if you try to inquire into Bliss, objectification may still occur, & you may have a tendency to look for something that is happening to you. Self-Realization does not happen to anyone. Do not wait for an occurrence. In Meditation do not wait for something to happen to you. It is a matter of knowing what is the Truth inside you. That is the *greatest* experience, but it does not happen to you. It is not external.

That is true of the Self, of Self-Realization, of any kind of meditative revelation, of Divine Love, Grace, & everything else spiritual. Such does not happen to us. It exists within us. So take up Self-Inquiry, focusing on your own Existence or your own Consciousness.



Reality 276 192

Master Nome's Mandala verses:

- (1a) The Self is just Existence. It is not Existence as this or that. It is just Existence. Self-Realization is just Existence. Existence knows no alternative.
- (1b) Existence never changes its nature. That which truly is never ceases to be. That which ceases never actually is. That which truly exists never changes. That which changes never truly exists. That which is changeless is without destruction. The indestructible is only that which is without creation. The unborn is the undying. The unchanging is alone Existence.

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- (1c) The Self ever is just as it is. There is no time when Existence is altered. There is no time when you are not the Self. Primordial Existence eternally is, is what you are even now. Immutable Existence is Peace itself. For there is no time when Existence is altered.
- (1d) Existence alone knows itself, the "I"-less "I" realized as "I", forever undefined, the only Existence, the only Knowledge, the only Knower. Thus is Brahman, Absolute Reality, always present, unmarred perfection, the unformed Void, attributeless Existence, ever itself just as it is, the only Identity, the only Reality.
- (1e) Without any other is Absolute Existence, Formless & Non-Dual, the only Existence. Two that are Formless cannot be. Undivided, homogeneous, alone is Existence, nothing outside it & no outside; nothing within it; alone is Existence. Nothing comes before eternal Existence; nothing comes after eternal Existence.
- (1f) The Truth of Existence is solely Reality. Not from illusory things falsely experienced does the sense of Reality in every experience derive, but only from the Self, the only source, the Real. Real Existence depends not on anything else to be. Uncaused itself, the Absolute Self does not cause anything else. Infinite, there is nothing beyond it produced by it. Mistake not perception or conception for Existence itself. Reality is solely the Truth of Existence.
- (1g) The Uncreated alone is all. The all-transcendent is the all pervasive. Neither dualism nor a concept of unity is the Non-Dual Truth. Non-objective Existence is not a multiplicity; nor is it a one-in-many; nor is it a many-in-one. Atributeless indivisibility it is.
- (1h) Be as you are. Realization is just Existence. Final meditation on the Truth consists of Existence it, for which there is no alternative. Existence is neither a state nor an attainment. Existence is neither a thing nor an activity. Existence is & alone is.
- (1i) The Self alone exists eternally. Solitary & indivisible, the Self is Existence-Consciousness-Bliss, without beginning & without end. The Self alone exists; the Self alone is real. Nothing exists but the Self.
- (1j) One Self is. Never is there a multiplicity of selves. One infinite, indivisible, undifferentiated Self forever is. Like Space it is, endless, Formless; Like Space it is, everywhere, pervading all; like Space it is, colorless, immeasurable. Ungraspable, having neither within nor without.
- (1k) Non-Dual is Realization, of the nature of the invariable Self. The Self is never impure, so, Self-Realization is not of the nature of purification. The Self is never born, so Self-Realization is not of the nature of production. The Self is never other than its own nature. So, Self-Realization is not of the nature of transformation. The Self is never absent, so Self-Realization is not of the nature of acquisition. Of the nature of the invariable Self, Non-Dual is Realization.
- (11) Abide free of imagination. The Self, your real identity, is the Absolute & ever free. Do not imagine otherwise. There is no distance between you & Brahman, between yourself & the Self.
- (1m) Know the Self as it is. The Self is not matter, thought, or an entity. The Self is never modified, has no conditions, never becomes. beyond matter – no birth & no death.

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I am the Absolute Reality

Beyond thought – non-objective & inconceivable. Beyond Ego – no Individuality & no separation. Never having entered the Body, the Self does not exit the Body. The bodiless is birth-less, location-less, & death-less. The Self does not come, is not contained, & does not go. The Self is known by the wise to be bodiless. Never having entered the Mind, the Self is not bound by it. The Mind-free is unconceived & unperturbed. The Self does not think or cease to think. The Self knows no state, no mode, & no thought. The Self is known by the wise to be of no Mind. Never having become individualized, the Self is innately Ego-less. The Ego-less is bound-less, attribute-1ess, illusion-less. The Self does not become bound & does not become Liberated. Know the Self as it is.

- (1n) Only the Self ever is, nothing is experienced continuously except the Self. The continuous alone is Real; the discontinuous never really is. The Self comes from nowhere, & goes nowhere. The Self has no Birth, & the Self has no Death. The Self shines in its own Light, self-existent.
- (10) How to compare the incomparable? Like vast Space, unmoving like the Mountain, self-luminous like the Sun, with no shape like water, burning all the *straws* of Ignorance like fire, tranquil like the Moon's light, deep like the Ocean.
- (1p) The Self is: in all beings, their very Existence, in all selves their true Identity, in all Minds, Consciousness, in all things the unseen Existence, in all joys, Bliss, in all places, Space, in all Time, endless-ness, in every heart, the Love.



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Master Nome's Mandala verses:

(2a) Consciousness alone ever is. Existence & Consciousness are one & the same. Subtlest, vastest, self-luminous, Consciousness ever is. None knows Consciousness. Consciousness knows all.

Consciousness knows itself. Only Consciousness can know itself. Nothing else can know Consciousness. Consciousness requires no other light other than itself to illuminate itself.

As the Sun does not cease to shine, when a cloud passes before it, Consciousness shines uninterruptedly, beyond all concepts of obscuration. Never is there a cloudy day for the sun itself. Identify with the Sun of ever-shining Consciousness.

That which illumines thoughts, sensory perceptions, & all experience is known by none of these. None knows Consciousness. Consciousness knows all. Consciousness knows itself. Consciousness alone shines. Formless & Infinite, Consciousness alone ever is.

(2b) The unknown Knower of all that is known, the Supreme Knowledge itself, Consciousness remains undivided by the triad of Knower, Knowing, & Known. A Known or un-known object, Consciousness can never be. Of all, Consciousness is the Witness, the only Knower. Consciousness, the Knower, is never defined by the Known.

The Witness of all thought, of every State, not defined by any thought. Not contained in any State, the Witness is never the known, for Consciousness is ever non-objective. Consciousness is ever Formless – nothing objective within or without it. Unknown, Consciousness alone is Known. Not a process of Knowing, Consciousness alone is Knowing. Not known by a knower, Consciousness alone is the Knower, the unknown Knower of all that is Known.

- (2c) Consciousness alone is *That*, the uncaused Cause of all, Consciousness remains without all. Now & forever, Consciousness shines, the Origin of the Universe, is the Origin of one's present experience. Consciousness alone is *That*. All things originate from *That* Consciousness which is not a thing. All thoughts derive from *That* Consciousness, *That* which is not any of them. All things are dissolved in That Consciousness which is Indissoluble. All thoughts are dissolved in *That* which is Indestructible. That Consciousness is the Formless & the Inconceivable. Consciousness alone is That.
- (2d) Consciousness alone exists The True Nature of the Mind being unknown, it seems as if a Mind composed of thoughts. Thoughts are unreal, & so is a Mind. Consciousness alone exists. Thought is only Consciousness, yet Consciousness is not thought. Consciousness is not mere thought, but is One & Infinite, Indivisible, & Undifferentiated. Multiplicity of thought does mean multiplicity of Consciousness. Differences of thought are not differentiation of Consciousness. Division of thought is not division of Consciousness. Liberation from thought is the Innate Freedom of Consciousness. Freedom from thought is no mere mental mode, but is Identity as Consciousness. The true cessation of thought is the Realization of its non-existence ever, for Consciousness alone is.



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(2d2) Just as a picture of a *lamp* offers no light, so too no *thought* of its own has any power to *know*. Self-luminous Consciousness is the One Light, ever shining, Infinite, clear, & ever free. That which knows the presence & absence of thoughts is neither a presence or an absence of thoughts. Neither the presence or an absence of thoughts obscures or clarifies That Consciousness, for That Consciousness is the sole Reality. Pure Existence & Bliss, with no mode or modification, Consciousness alone is.

(2c) The undivided Consciousness without $-a-2^{nd}$, is all. There is no experience, gross or subtle, outer or inner, lower or higher, apart from Consciousness. Consciousness alone is all there ever is, does all that ever is done, & is the space in which all ever appears. Consciousness alone appears as all this experience. Known as it truly is, transcendent of all, Consciousness has no appearance whatsoever. All experience rises, appears, & dissolves in Consciousness, which has no rise, appearance, or dissolution.

He who knows the Truth of the Self has neither Birth nor Death, neither Attachment nor fear, for he is one with the undivided Consciousness. Timeless & still, the Self ever is, of the nature of Consciousness, Existence-Knowledge-Infinity.

Consciousness is called the Cause: unknown, it is the Cause of all Illusion & is itself the Illusion, for there is no other substance. Known, as it is, Consciousness is the Cause of all Knowledge & is itself the Knowledge, There is no other knowledge.

To doubt the Existence of Consciousness is like seeing colors, but still doubting the existence of one's eyes; or declaring aloud belief in words just spoken, but doubting whether or not one has a mouth; or listening to musical notes, but doubting one's hearing;

or savoring a flavor, but doubting one's tasting; or enjoying the draft blown by the breeze, but ignoring the sense of touch.

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The eye of the eye, unseen by the eye; the ear of the ear, unheard by the ear; the un-sensed by the senses; the un-thought by the Mind, Consciousness is, the silent & still.

Swifter than a *moment*, more enduring than an *eon*, Consciousness is *timeless* & still.

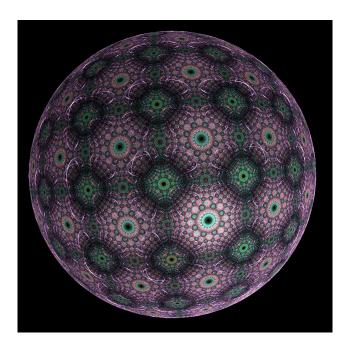
The Self is the "4th State" ["Turiya", beyond Waking, Dream, & Deep Dreamless Sleep], continuous, Formless, Transcendent, beyond Body & Mind.

In it the 3 States (Waking, Dream, & Deep Dreamless Sleep) with all they contain, appear, as the Illusion of motion in the ever still, of Form in the Formless, of *modification* of *That* which is ever unchanging.

The changes of States so not change the Self. Just as the alternation of Darkness & Light is not of the Space of Infinite Consciousness. *That* Infinite Consciousness is beyond the 3 States (Waking, Dream, & Deep Dreamless Sleep).

Consciousness alone is Real, not sleeping while sleeping, not dreaming while dreaming, not waking while waking, Turiya & Turiyatita [Reality "beyond" the "4th State"].

 1^{st} see that Consciousness contains all that is ever experienced. Then see that Consciousness is all that it contains. Then see Consciousness forever un-modified & that there is no "all" for it to contain. Consciousness exists & indeed alone is.



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To abide as the Self is Bliss uncaused & unbroken. The Bliss inherent in this Non-Dual Existence-Consciousness is as expansive as the Sky, & is yet so close within you. Happiness is within. Within is the Self. The search for Happiness is the search for oneself, The finding of oneself is Happiness perfect. Freedom, Peace, & Happiness fused are the singular experience of the true Self.

There is no fulfillment in Illusion, & no deficiency in the Self; There is no Happiness in Non-Duality & no Suffering in Non-Duality.

One is truly happy only by abiding at the very Source of all Happiness, as the Bliss of the Self. Bliss uncaused & unbroken is to abide as the Self.

The Bliss of the Self, the Joy of the Absolute, is the state of Existence, Un-veiled, Self-revealed, as it is. Suffering is needless, & grief is unrelated to Immortal Reality.

Mis-identification & Ignorance alone cause Suffering. Self-Knowledge is Bliss & Reality Self-revealed. You are never required to be bound or to suffer. You are always required to be free, at Peace, & happy within. Suffering has no basis, no real, valid cause, All so-called causes Re mere excuses, just Illusion's experience of itself.

Suffering is not inherent in Life. The Bliss of the Absolute is what is Innate. This is the Bliss, Real & Eternal, the Bliss of the Truth, the Bliss of the Self.

To know the Self that one always is – this is the way to recover the Bliss that was never lost. Happiness that is experienced anywhere & anytime dies not derive from what is experienced, but rather from the Self, the sole Source.

The same is true of Love, Peace, dearness, & harmony; the True, Good, & Beautiful [satyam-shivasundaram]. All this is the Bliss of the Self. Desire is simply the urge to be happy. Turned outward, the urge is foolish; turned inward, the urge yields Wisdom.

Turn inward to recover the Bliss never lost. Un-changing Existence is the root of Peace everlasting. Space-like Consciousness is the root of Freedom from Bondage. The Bliss of the Self is the root of joyful Love, devotion, & Oneness. The way to recover the Bliss that has been ever yours is to know the Self that you always are.

One thing is needed for Bliss everlasting – dive within, to the Source, detaching & inquiring to know the Self.



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If one knows the Self, nothing else exits & nowhere else exits.

If the Self is not known, there are as many things & realms of experience as them imagines to be. Multiplicity of states appears Only so long as Ignorance is conjured.

With the dawn of Knowledge, they vanish away, like darkness in light,

Dreams at night end, the unreal into the Real.

In Truth, only 1 State exits, natural & Innate, with no "realms" or "things", no dream & its images, no shadows or Illusions, neither their birth nor their death,

For the 1 State exits – Existence, just as it is.

If Ignorance vanishes, If one knows the Self. Knowledge is constant, As Existence ever is. When Knowledge is constant, So is its Bliss.

With Ignorance, a life of Happiness is impossible.

With Self-Knowledge, profound Wisdom, Ignorance is impossible.

There is never a good moment to dwell in Ignorance, never an appropriate time to suffer or believe in the unreal.

Dualism is required for one to feel fear. Non-Dual is the Self, its Bliss & its Existence never ceasing, not decaying; & never destroyed.

Reality is Non-Dual. Duality is false. Belief in Duality yields a stormy ride on a calm sea, a nightmare when quietly in bed, disquietude when everything is fine, a limited corner in the Infinite, death in the Eternal, the unreal in the Real.

Knowledge depends not on time or on place; there is no need to wait to know one's own Self.

Death differs not from Life. If dreaming alive, one dreams in death. If awake to the Self, there is no Life or Death.

Know Existence as it ever is, Consciousness as Knowledge itself.

Blissful Immortality is yours when this imperturbable Self Is realized & this Knowledge is constant To know the Truth of one's own Self is the one way to be liberated from all Ignorance & its delusion of Bondage & its consequent Suffering.

Ignorance is merely an inverted view of the one ever-same Existence, an inverted attempt to know the Reality of the Self.



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Samsara is Brahman seen unclearly; Ego is the Self seen unclearly.

Brahma-Nirvana is extinguishment of the notion that there is a Samsara.

Realization is knowing the non-existence of the Ego.

Liberation is Freedom from the notion that there is Bondage.

To destroy Samsara, destroy Ignorance.

To destroy Ignorance, destroy the Ego.

To destroy the Ego, Know the Self.

To know the Self is to know the Truth.

Bondage is not real, but only imagined.

Bondage is Ignorance, only mis-identification.

The more one examines Ignorance, the less one finds of it.

With the bright light of Knowledge, examine the shadows, & all will be Light.

Mis-identification alone is Ignorance. Ignorance alone is Bondage. Bondage alone is Suffering. Knowledge of the Self alone destroys them all.

You bind yourself; you liberate yourself; you conjure imagination, & your Self-Inquiry destroys it.

Relinquishing the false & knowing the true are simultaneous & experienced as one.

Like the fear of the *Snake* where there is only a *Rope*, Bondage is not real, but only imagined.

Knowledge is singular, Ignorance 2–fold.

Veiling [avarana, avritti] is 1 aspect, making the Real seem unreal, the ever-existent absent. Differentiation [vikshepa] is the other, projecting the unreal into itself, creating the details of Illusion so empty,

Like the *Waves* of the *Water* seen in a *Mirage*, Ignorance has neither Power nor substance of its own, but instead borrows, as it were, the Reality, Identity, & Happiness of the Self, to make the unreal seem Real, the never-existent as existing. Such is the effect of Ignorance, the Illusion of Veiling & projected Multiplicity.

The result of Knowledge is Existence, unhidden, undivided, Transcendent of all Name & Form.

Ignorance conceives itself dually, as "I" [aham] & as "this" [idam]. Knowledge reveals no "I" & no "this",

Indivisible Existence Alone as existing, one with the knowing, for Knowledge is singular.



Reality 282 198

There is no cause of Illusion, for Illusion is unreal, for an unreal effect, There cannot be a real Cause. Causality itself is illusory. Illusion itself is illusory. The Reality alone ever is. There is no cause of Illusion.

Existence-Consciousness-Bliss should be known just as it is: as super-imposition on Existence, the Ego seems existent; as super-imposition on Consciousness, the Ego seems a 2nd knower; as super-imposition on Bliss, Happiness seems as if external.

Go back the way you came, to abide free of Delusion, with no super-imposition, Ego-less, concept-less, attachment-less.

Abide as *That* as it is, the eternally unmodified, with no attribute or quality, no Form & no Name, which should be known just as it is – Existence-Consciousness-Bliss.

Inquire "Who am I?" to know the one Self. Who could be ignorant? Who could be bound? Know the one Self, & abide free & happy, with no Ignorance to veil, no Bondage to suffer.

The Self-evident is known by the Self, itself. to know the one Self, inquire "Who am I?"

Knowledge of Reality destroys that which has no real Existence.

Reality is never destroyed, for the Real ever is.

The unreal is not destroyed, for it never came to be.

Knowing that the Real ever is is its Realization.

Knowing the unreal never is is its destruction.

That which has no real Existence is destroyed by Knowledge of Reality.

The Realization of the Self, absorption in Brahman, is the Knowledge of *That* which always alone is.

There is no division of this State & that State. 1 State alone ever was, is, & will be.

There are no degrees or phases of Self-Realization.

The Non-Dual Truth is without variation since the Real exists always as It is, & the Self is never an "other".

That which is realized at the End is actually always the Present.

The Self has no other State, mode, or condition. The natural, Innate State is simply Existence as it is. The Self has no Unenlightened State or Bondage. How, then, can there be Enlightenment or Liberation for the Self,

Ever self-luminous & ever free? The Knowledge of *That* which always alone exists is absorption in Brahman, the Realization of the Self.

The time for Liberation is always, since the Reality of Existence always exists. The time for knowing the Self is always.

To be Realized *Now* is to find oneself realized throughout all 3 Times. The Self is not in the Past, Present, or Future. Realization is not in the Past, Present, or Future. The Real Self always exists. The 3 Times [Past, Present, & Future] do not exist. Enlightenment is timeless, neither gradual nor sudden, because the Self is not measured in Time or in Space. Realization is timeless, It is not an event. With no Beginning or End. Realization is timeless Truth, realized timelessly, Truth of the Self, Self-Realized, Liberating Truth is timelessly so. Always, always is the time for Liberation.



Reality 283 199

When the Self knows itself, Brahman knows Brahman. Reality comprehends Itself with allcomprehensive Knowledge because It alone exists, Infinite & solitary.

To know the Self as it is, is to know God as God is, to know Brahman as Brahman is.

The Self knows itself by its own Light. God sees God with God's own Eye. Brahman, indeed, alone knows Brahman.

Self-Knowledge is devoid of *subject-&-object*.

Knowledge is free of *subject-&-object*.

The division unreal, there is alone True Knowledge,

This is Supreme Knowledge, beyond the *knowledge & ignorance*, in which they appear, & in which they disappear – *That* which is beyond Knower, Knowing, & Known.

With all-comprehensive Knowledge, Reality comprehends Itself; Brahman knows Brahman when the Self knows Itself.

Full & perfect Realization of the Absolute is the full & perfect Knowledge.

Realization of the Absolute is not a partial *knowledge*.

It is not as if the Absolute were 1 thing among many, but instead is a full Knowledge of That which alone exisya.

If there is "I", knowledge is limited, a knowledge that is the mirror-image of that "I", Knowledge Which contains within itself the Knowing & the Known. No divisions exist in True Knowledge.

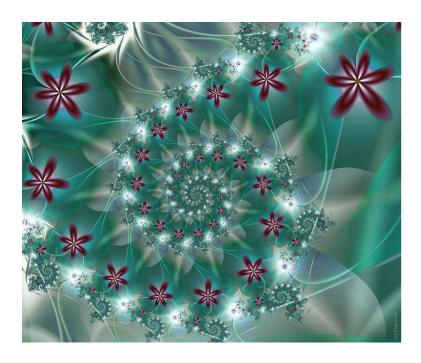
The Essence is All, & the Perfect Fullness of Brahman is that of the Self.

Supreme Knowledge is *Brahman*, the Self's Knowledge of itself, Full & Perfect. The Knowledge Full & Perfect exists.

What is there to be known about the Full & Perfect other than the Self? When the Self is known, what else is there to know or be known? To know all else without knowing oneself is Ignorance.

The unreal *dreaming* the unreal, while the Reality knows solely itself. Regard Self-Knowledge alone as real Knowledge. In Self-Knowledge, there is nothing else to be known.

The Knowledge of the Self is the knowledge of All since there is no all "other" than the Self.



Reality 284 200

In Self-Realization, Existence & Knowing are one & the same.

The Ultimate Wisdom is to be the Self that you know, knowing the Self that you are. How could it be otherwise? True Knowledge is direct experience beyond words & thoughts. Direct experience is selfknown, neither dependent nor distant.

The Self alone has Self-Knowledge, though devoid of the states of knowledge & ignorance.

The Absolute alone can know the Absolute. *It* is within you. Within is Existence. Existence knows itself. Knowing is Existence. Existence is not a doing. Action cannot lead to Liberation. Self-Knowledge alone is Liberation.

In Self-Realization, Existence & Knowing are one & the same.

Merger of the Mind with Consciousness Supreme is superlative Bliss, the thought-free Knowledge, the Natural State, in which the possibility of Delusion is no more.

Be free from thought's definition to merge, beyond the Mind, in Infinite Consciousness, Bliss Divine.

Be free from the notion of a 2nd knowing entity, from the notion of a differentiated Mind.

Inquiry into the Mind's own True Nature reveals Consciousness alone, Formless & unmodified, & thus the Mind's non-existence, thought's non-existence, the changeless, Eternal Consciousness. This Realization is the *merger* of the Mind.

Self-Knowledge is Liberation & the Path of Self-Knowledge yields Liberation from all of the imagined Bondage.

In the Self, even the cause of imagination is absent. The result of this Knowledge is immediate Freedom with no need of other *light*, no *dependence* on any thing. Knowledge is essential & complete.

Inquire to know the Self within, You yourself knowing your Self, for the path of Self-Knowledge yields Liberation. Self-Knowledge is Liberation. Tat Tvam Asi, "That You Are" – the ancient spiritual instruction of the ancient Truth.

The meaning of "You" is the Formless, Ego-less Self.

The meaning of 'That" is the Infinite, Formless Absolute, *Brahman*.

The meaning of "Are" is Identity.

Negate all the attributes super-imposed on the Self, & all the notions about the Absolute, & realize their identity.

One who knows the "you" truly knows That which is to be known, & That is the "You" with no other "you," for That you are, Tat Tvam Asi.

That is Brahman. That is the Self. That is the Truth, & That you are, Tat Tvam Asi.

Prajnanam Brahman, "Supreme Knowledge is Brahman."

The meaning of "Supreme Knowledge" is Consciousness itself, Eternal & self-known. The meaning of "Brahman" is the vast, Formless Absolute, the inconceivable, 2nd-less 1.

The meaning of "Is," is Identity. Negate the known, all that is *objective*, which is unreal, & the only Knower, the only knowing. It remains as Knowledge itself, which is Absolute Consciousness, Knowledge Supreme, which is *Brahman*.

There is no other knower, individualized or embodied. Consciousness, undivided & unformed Is itself Supreme Knowledge, & Supreme Knowledge is Brahman, Prajnanam Brahma.



Reality 285 201

Ayam Atma Brahma, "This Self is Brahman." The meaning of this Self is Existence, Unborn & Imperishable, non-individualized & un-embodied. The meaning of *Brahma* is the vast Absolute, Formless & Infinite, Eternal & un-differentiated. Ceasing to mis-identify the Self with anything else, ceasing to mis-identify yourself from being the Self, with no other "self," you, yourself, abide as the Self, Non-Dual, inseparable, neither divided nor united, the Non-Dual Brahman, the 1-without-a- 2^{nd} .

Know this Self as it is, for this Self is Brahman, Ayam Atma Brahma.

Aham Brahmasmi, "I am Brahman", is the Truth of the "I", the only real "I", the "I"-less "I", "I" of Infinity, I that is true.

The meaning of "I" is one's only own True Nature, True Identity, un-alloyed, non-objective, unconceived, non-individualized, the Ego-less "I". The meaning of Brahman is the Formless Reality, the vast Absolute, Transcendent of all definitions, qualities, & attributes, homogenous, indivisible 1.

Inquiring "Who am I?", silently realizing no multiplicity of selves, only 1, indivisible I", the nonobjective Truth of *Brahman*, the Space-like Self, with not a trace of another,

Who exists? Brahman, only Brahman, the Self, only the Self. Thus I am Brahman, Aham Brahmasmi.

Shiva alone is Himself.

Shiva the Supreme, is the all-auspicious, the eternal Good, the blissful Truth, the Space-like 1, the bestower of Happiness, the 1 who speaks of Himself, the One who is Silent concerning Himself, who reveals Himself as the Self, apart from which there is no Self.

am asi aham brahmasmi ou Art I am the Absolute Reality

Shiva is Consciousness, inherent in which is the power to destroy all Ignorance & Illusion, & which remains as the *residuum* of Non-Dual, Formless Absolute Existence.

To worship *Shiva* is for the destructible to be destroyed, leaving *Shiva* alone. To meditate on *Shiva* is to be inwardly consumed, & absorbed, leaving *Shiva* alone.

To know *Shiva*, is for *Shiva* to know Himself, leaving *Shiva* alone. *Shiva* alone shines as *Shiva*. *Shiva* alone reveals *Shiva*. *Shiva* alone is Himself.



Reality 286 202

Brahmaiva kevalam sarvam, "All is indeed Brahman alone.

Atmaiva kevalam sarvam, "All is, verily, the Self alone."

Sarvam jagad viddhi Shivaikarupam, "Know all this Universe to be of the single nature of Shiva." Sarvam hyetad Brahma, "All this is Brahman."

The only Existence, the Existence of all, without exception, the all-pervading with no separate pervaded, the sole Existence, with nothing apart, the very *Brahman* itself, the Self itself, the Self of all.

The wave is only the water, the ring only gold, the snake ever only the rope.

There is nothing to form the wave, nothing to call a ring, no imagination to hallucinate the snake.

All in all at all times, all is ever only *Brahman*, nothing else ever. This *Universe* only *That*.

"All this is, indeed, Brahman," Brahmaivedam Sarvam.

"Truly, all this is Brahman," Sarvam khalvidam Brahma.

"All this is, indeed Brahman alone," Brahmaiva kevalam sarvam.

With exquisite care, the most profound, ancient, & enduring Wisdom is preserved in Scriptures. They are there for you to light your "lamp", to be a stain-less "mirror", to guide you on the Path, to awaken you from an ages-long Dream, to reveal what seems hidden, to fill your Mind, to speak as a true Friend, to turn you within to seek the Self.

The Self revealed itself, ages ago, before the beginning, in the *Silence* that is the Source of them all. Scripture has no human author, for the one who writes is identified with God, the one Absolute. And the one who truly understands is the same, timeless 1.

Who would have bothered to extol & explain The importance of realizing the God Absolute to describe such glory, bliss, & beatitude if you could not realize this for yourself?

Follow the ancient path to the timeless Truth within, since the Wise who beckon us, those who have composed the Scriptures for the revelation of that Truth, are themselves that Truth, the Self within,

Wisely realize Wisdom, study & meditate with utmost care, the Sacred Texts so preserved for this holy purpose, with exquisite care.

Practice, practice, practice *intensely*, like a man drowning, reaching for air; drowning in *Samsara*, reaching for *Blissful Immortality*, Practice, practice, practice intensely.

Self-Realization is certainly effortless, yet if it's not certain, practice, practice, practice intensely. The intensity of Truth shines as intensity of the practice to know oneself truly & to renounce all the unreal. Burning brightly & absorbing itself in the ever–present Truth, practice of Self-Knowledge destroys the shadows of Ignorance,

There is never a need to abandon the practice, for what seems the means is really the end; the end itself manifests as means, Jnana & Jnana, Knowledge-yielding Knowledge.

Knowledge without Practice is only momentary insight.

Practice without Knowledge is repetitive & unclear.

Neither Practice nor Knowledge is worldly wandering in *delusive Maya*,

Filled with suffering, bound in bitter *fetters*, Life spent in a Dream.

Knowledge practiced stands *irrefutable*, shines as direct experience, & abides as Being.

For the sake of Bliss, For the sake of Peace, for the sake of Freedom, for the sake of Truth, for the sake of the Self, practice, practice intensely.

The spirit of Truth is the spirit of Practice.



Dakshinamurti

Reality 287 203

You are always free, & always free to be free.

Do not doubt the ability to abide as the Self.

Do not let this ability go unused.

Nothing obstructs, but one's Imagination.

Persevere & Self-Inquire, listen, reflect, meditate [shravana, manana, nididhyasana], so that practice is filled with the spirit of Truth.

Non-Duality in practice, Non-Duality in Realization.

To search for Truth while ignoring one's own Self is like confounding the original face & the image in the Mirror.

Knowledge of the Self transcends all Duality.

Self-Inquiry includes not the Duality one desires to transcend.

Self-Inquiry reveals & does not create.

What is anew will be lost & cannot be Real.

What is ever is revealed & is not destroyed,

Oneself revealing 1 Self to oneself for Non-Duality in Realization, Non-Duality in Practice.

As no darkness remains in light, there remains no Ignorance, Bondage, or Suffering for those who are Wise, sincere, honest, introspective, persevering, faithful, & who carry the Love of the Supreme in their hearts.

Manifesting the true, the good, & the beautiful [satyam, shivam, sundaram]; inspired by the Sages, the holy & gracious; he who, with inward Mind, seeks the Light of Truth, finds himself absorbed In the timeless Light that knows no Darkness of Delusion, or unreal Illusion.

He who, renouncing Attachment & aflame with the Desire [mumukdhutva] for Liberation [nirvana], Self-Inquires to know the Truth of the Self, treads the Supreme Way & is the Crest Jewel of living beings.

He is a *Light*, guided by *Light*, effulgent in Bliss-Knowledge, is absorbed in *Light*, *Light* of Pure Consciousness, Light that is Infinite, Eternal Light of All, Absolute Light, Illusion-less Self, just as no Darkness remains in Light.

That which you desire to find Is found by destroying the Veil [tamasic avarana, avritti] that seems to hide it, the forgetfulness that overlooks it, the inadvertent mode that slips by it.



Reality 288 204

The tendencies that you examine, in the *Light* of true Knowledge, are those from which you set yourself free.

The illusion dissolves into the *Nothingness* that it is, its only substance, for when you hunt for the Gloom, with the Light within, you find only Light, & the Gloom does not remain.

Examining the Bondage, you find no fetters.

Examining the Sorrow, you find no valid *cause*.

Examining Delusion's Dream, you find no substance, no Dreamer.

To control thought or the Mind, completely & finally, realize that such has never actually come to be. Confining *concepts* are like *echoes* in an empty *canyon*.

If you do not *shout*, how will there be any *noise*?

Just so does it go with Bondage & its erasure "pivot" on you.

Self-Inquiring to know what you are in yourself, trace the Outer to the Inner, the Branch to the Trunk &

the Root, the Objective to the Subjective, & Self-Inquire, "Who am I?"

Ignorance will cease, & you will thus realize That which you desire to find. Desire for Liberation & earnest self-effort are the key ingredients for Self-Realization.

Sincerity of purpose, Renunciation of Attachment, & introspection in the form of Self-Inquiry are what are needed for Self-Realization.

Meditation to know the Self, *dissolving* the Mind in its Source, is the helpful means for Self-Realization. If only one desires Liberation strongly enough, the necessary Practice will manifest, Bondage will vanish, & the Truth will be realized.

Desire for Liberation means that one knows that Self-Realization alone is necessary, & nothing else is necessary.

Earnestness manifests as diligence & perseverance.

Diligence is adherence to the Teachings of Truth.

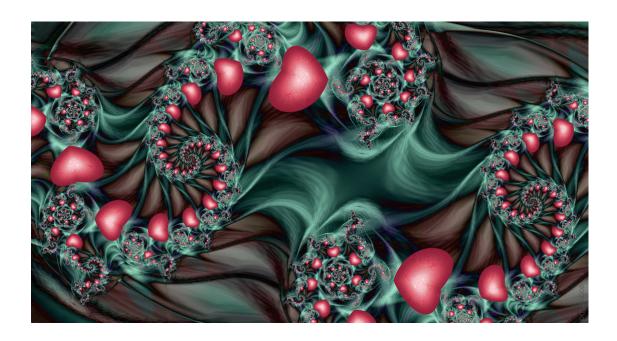
Perseverance is the adamant refusal to stagnate in Delusion.

Renunciation of attachment is clarity regarding Happiness & no longer fooling oneself about what can never give what is truly one's own.

Self-Inquiry is discerning who you are, negating what you are not, so that the Self is self-revealed. Treasure the Non-Dual Truth as you would protect your own eyes, & the Non-Dual Truth itself will protect you from blind pursuit of the unreal.

As you see yourself, so you see others, though one who sees the Self knows the Self of all, & identified as *That*, sees no others at all.

So treat others as you would yourself, & love them as the Self beyond Body & Mind. Humility is the vessel of Truth & Grace, the ability to imbibe, the reservoir for Wisdom, & the vehicle of Love.



Reality 289 205

Compassion is the understanding that Suffering is needless.

The Eye of Knowledge sees the Sufferer is not, & Silent Being ever prevails.

Countless Divine attributes have one source within.

Abide in that Source, the Divine Absolute, by diving within, urged by the Desire for Liberation.

The Wise have shown the way.

Look not without, but look within.

J Stiga

Do not formulate opinions, but know the Truth within.

Do not attempt to control others, but learn to wisely govern yourself.

Do not seek to tell others, but open your own eyes & ears first.

Do not seek to correct others, but correct yourself.

Do not *opine* regarding others, but seek the state of no defining Idea regarding yourself. Do not seek out the faults of others, but critically examine yourself.

Do not learn jargon, but learn the meaning in Knowledge.

Do not imitate or create anew, but practice sincerely, realizing by direct Experience, what the holy Sages have before you. The Wise have shown the way.

If you adhere to the Truth, the Truth adheres to you, illumines & supports you.

The Truth is realized by those who are consecrated to it.

One should spiritually practice with as much Intensity as if Life depended on it, for indeed it does. Do not delay to practice. Do not wait to know yourself.

Patience is waiting for something *objective* to occur.

Impatience is waiting for something *objective* to occur. Do not wait; know yourself.

Care for the *root*, & the *branches* & *leaves* Care for themselves.

What appears as Intensity in Practice is, in Realization, found to be the solidity, *vividness*, & Reality of the Self.

Intensity in Practice becomes Immovability & Imperturbability in the Knowledge of the Absolute.

Intensely Self-Inquire, knowing that no ignorant *notion* is too large to conquer.

Intensely Self-Inquire, knowing that no ignorant *notion* is too small to not relinquish.

Nothing will delude you, if you adhere to the Truth. Sow & reap.

Meditation yields Wisdom & inner experience.

Detachment yields inner Freedom & Peace. Perseverance yields steadiness & strength.

Self-Inquiry yields the Realization of the Absolute & nothing less. Sow & reap.

As is the "I" [aham], so is "this"[idam].

The activities of the Mind, Speech, & Body are determined by one's *Stand*,

In True Knowledge or not, no *Activity* determines one's Identity. The view of the world, Created, in the mind, or no-creation, Is determined by one's knowledge Of one's Identity, with Form or not; nothing of the World determines one's Identity.

As is the "I" [aham], so is "this"[idam].

Discriminate between the Real & the unreal, the Self & the not-Self, the Eternal & the transient. What is dependent is unreal. What is self-existent is Real.

Every Form is dependent on something *else* to be experienced.

Being-Consciousness is Formless & non-dependent.

Meditate on *Consciousness-without-an-object*.

Mediate on *Existence-without-a-Form*. Thus you find *Bliss-without-a-limit*.



Reality 290 206

All things change. What is not a thing is un-changable. What is Real does not change. What changes is not Real. The Real does not change to unreal.

The unreal does not change to Real.

To know the Truth, the ever-existent, discriminate between the Real & the unreal.

The bodi-less is Infinite. The in-conceivable is Eternal.

The bodi-less is Eternal. The in-conceivable is Infinite.

Conceptions of the *finite* & transient taken to be the Self are born of lack of Self-Inquiry, "Inner" & "Outer" are the results of an Ignorance that assumes that the Body is the boundary between them [inner & outer].

The Self is not the Body, un-born & location-less, having neither "Inside" nor "Outside". The body is objective, divisible, changeful, & dependent for its very appearance.

The Self is non-objective, in-divisible, change-less, non-dependent, & self-existent.

How can these 2 [Self & Body] be confounded?

Pass beyond the Body, beyond boundary & death, merged with the Absolute, by Knowledge of the Self, for the Formless is Eternal, the bodi-less is Infinite.

The un-caused, the ever–Real is the One Self. The *cause* is always seen in the *effect*.

The *effect* is just the *cause* appearing as such.

In truth, there is only 1 "cause" & no effect.

The ultimate Cause of all, the Absolute, is itself *un-caused*.

Knowing this, trace all this to "I"; the "I" to the Self: the un-caused, the ever–Real.

Without spiritual Knowledge, Experience is delusive.

Without spiritual experience, reason is unreasonable.

Without spiritual reasoning, thinking is *delusive*.

Without spiritual thinking, Activity is delusive.

Without spiritual activity, worldly delusion remains.

Let your life not be without spiritual Knowledge.

Timeless & limit-less is the Absolute.

No experience of the Absolute is actually *temporary*.

The supposed boundaries of an experience of the Absolute are actually *temporary*.

Self-Inquire within to know the Absolute Self, which always exists.

Self-Inquire *within* to relinquish Illusory limitations Super-imposed on the Absolute Self. Negate all that can be negated. And what remains is what truly exists.

That is the Absolute, Timeless, & Limit-less. Names do not make for a Reality. Form is only apparently so.

An incalculable number of cells are given the name "Body" & such is considered an entity. Meditatively remove one cell after another & see what is actually the "Body".

Innumerable thoughts & modes are given the name "Mind" & such is considered an entity. Remove one thought after another & see what is actually the Mind.

The Form is only apparently so. Names do not make for a Reality.

Certitude of Knowledge is what is highly desirable. Certitude of Knowledge leaves no scope for Ignorance. If you ask yourself: "What do you know for certain?", you will be *aware* of your own Existence, Relinquish all Ideas & Forms, & *abide* as ever-existent Existence.

The "I" is most intimately known, Needing no sense, no thought, to know & be known. *doubtless* is it, the Existence of the Self.

Inquire to know this just as it is & abide firmly, at Peace, in Certitude of Knowledge.

Be attached to nothing; remain as Space-like Consciousness.

Complete Renunciation Is complete Freedom, blissful & full of Peace.

Attachment is the false attempt to cling to what is merely imagined.

What is merely *imagined* is not truly Real.

Detachment is Freedom from the non-existent.

Attachment does not exist in the unreal things, but only in the Mind clouded by Ignorance.



Reality 291 207

Knowing the source of Bliss within, renounce Attachment, fooling yourself no more.

Be detached even from your thoughts, regarding nothing as yours, you will cease to believe in a separate "you", & will know the Self at last.

One who is *detached* cannot be bound by anything in the World.

He is beyond Suffering, & is Space-like in Being. Be attached to nothing.

Rely only on that which is self-sufficient.

One who has found the Birth-less, Death-less truth has all that could ever be needed in Life.

The whole Universe can be said to belong to one who is not attached to anything.

And when the Universe is not, he is not missing a thing.

He who has *nothing* has *everything* & is what he has.

For Happiness & Peace, Fearlessness & Liberation, rely only on *That*.

Be not attached to things that cannot possibly remain anyway.

What is truly you & yours will not leave you even for a moment, regardless of the states of Body & Mind. What is created is destroyed. What appears disappears.

Be not attached, & abide as the Self Absolute, Eternal & unperturbed.

Be not attached, & abide In the silent Bliss of the Self, unmoved by events, unaffected by circumstances, un-entangled in Maya. Be not attached.

Detachment is natural, attachment os artificial.

Why pretend that Happiness lies in things *external* to oneself?

Why pretend that *transient* things will *remain* to provide one with

what is truly one's own [] *Happiness*]?

Why pretend that things seen in a dream called "Waking" will even survive a simple change of the Mind's State?

Change of the Mind changes all things. What is present in 1 State Is absent in another. What one is attached to at 1 moment, one cares for not later.

If one can be so detached just by falling asleep, how much more can one be detached if one is truly awake?

